

# Food Diary

Week:

Month:

Food & Drink	How Much	Mood
Breakfast		
Snack		
Lunch		
Snack		
Dinner		

Water Intake



Today I ate:

- ☐ Fruits
- ☐ Vegetables
- ☐ Protein
- ☐ Grains
- ☐ Dairy

Notes / Parent Comments